

# Unit: Lifetime/Cooperative Activities

Content Area: **Physical Education**  
Course(s): **Adaptive Physical Education**  
Time Period: **8 weeks**  
Length: **8 Weeks**  
Status: **Published**

## Unit Overview

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Cooperative games emphasize participation, challenge, and fun rather than defeating someone. The emphasis is on play rather than competition but sportsmanship is an integral part of the lesson. Individual and team physical activity options are addressed, specifically ones that can be undertaken at any age, such as bowling, golf, yolf, and other lifelong activities and cooperative games.

## Transfer

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Students will be encouraged to think how these lifelong/cooperative games are the foundation for a healthy lifestyle-"why" are we participating in these activities?

## Meaning

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## Understandings

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Be able to move in a safe and controlled manner while demonstrating body awareness, confidence, and sportsmanship.

## Essential Questions

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How can strategies improve and develop improvement and enjoyment in activities and sports?

How can you acknowledge the contributions of others?

## **Application of Knowledge and Skill**

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### **Students will know...**

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The rules for the specific game or activity that is being played.

How to participate in group activities.

Apply previously taught mechanics when participating in sport specific games.

### **Students will be skilled at...**

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Following simple rules for an activity/game.

Participating in group activities.

Displaying proper sportsmanship during group activities.

## **Academic Vocabulary**

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Personal space

general space

sportsmanship

## **Learning Goal 1**

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Participate in group activities while following directions and maintaining their own personal space.

## **Target 1**

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TLW: follow simple rules for an activity and participate in group activities.

HE.K-12.2.5.2	Perform, combine, and modify movement to participate in games, sports, and lifetime recreational pursuits.
HPE.2.5.8.A.4	Detect, analyze, and correct errors and apply to refine movement skills.
HPE.2.5.8.A.CS1	Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.

## **Target 2**

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TLW: explore personal/general space

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HE.K-12.2.5.2	Perform, combine, and modify movement to participate in games, sports, and lifetime recreational pursuits.
HPE.2.5.8	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
HPE.2.5.8.A.4	Detect, analyze, and correct errors and apply to refine movement skills.

## **Learning Goal 2**

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Apply skills in increasingly complex games/activities.

## **Target 1**

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TLW: demonstrate mechanically efficient patterns of skills needed for cooperative games/activities

HE.K-12.2.5.2	Perform, combine, and modify movement to participate in games, sports, and lifetime recreational pursuits.
HPE.2.5.6.B.3	Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.

**Summative Assessment**

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Self assessment

Paper/pencil assessment

**21st Century Life and Careers**

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Students are introduced to 21st Century Life Skills that are critical, for personal, academic and social development. They are also introduced to career awareness information and to basic personal financial literacy skills.

CAEP.9.2.8.B.3

Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.

**Formative Assessment and Performance Opportunities**

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Peer assessment

Teacher monitoring

**Differentiation/Enrichment**

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Each student is provided an opportunity to be successful through the use of equipment and repetition.

**Unit Resources**

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polyspots

cones

jump ropes

beanbags

various size/weighted balls

scooters

scarves

various pieces of equipment